Dr. Joseph W. Byrof, optometrist, and son Stephen, wheel 400 pounds of potatoes down an alley to New Hope Ministries, North Second Street. Last month, the dentist requested his patients to exchange a 10 pound sack of potatoes for $10 off an eye examination. The Banner praised the request Thanksgiving week.

Photo by David March

Northern Posts Victories

by John Middlekauff

Opening up Mid-Penn Division III play, the Northern Boys Varsity Basketball team rolled up victories over Division rivals Camp Hill (64-48) and West Perry (54-44), before dropping a tough non-divisional game to Red Land (50-34).

Tuesday night (12/11), playing in front of an appreciative crowd and the usually supportive student rooting section, Northern used big first and third quarters to stop a very stubborn opponent in the Camp Hill Lions. Chris Flohr led the attack against Camp Hill, as he scored 18 points and played a strong game off the boards. Chris also brought the "stash man" to its collective feet when he soared for a "jam" in the fourth quarter. The Polar Bears also got considerable help from Bart Mehring with 18 points, and along with Joe Fix helped to control the rebounds for Northern.

For those of us who have been around this area for sometime, and who can remember years gone by, know that this is not the same Camp Hill team of Charlie Krout or Ed Nugent. But, it is also not like the team of last year, that could not win a game. These Lions scratched and clawed the entire game, but just could not sustain any momentum.

Just a note of information. At Texas A&M, the student rooting section has been so strong and vocal at Aggie games, that they are referred to as the "twelfth man". Northern's student rooting section, is trying to be just as strong. Therefore, since a team only has five players on the court, the routing section becomes the "stash man".

On Friday (12/14), Northern traveled to West Perry and in a game that was to have dire consequences knocked off the Mustangs. This one was a tough, tough battle between two teams who weren't giving an inch. Senior center Joe Fox, provided the scoring leadership as he hit for 17 points (11 from the foul line), and played a strong game off the backboards. Northern got alot of help from two unexpected sources, Todd Schaeffer and Ryan Silver. West Perry threw a tough defensive blanket around Chris Flohr. Trailing the Mustangs by one at half-time, the Polar Bears played tough "D" to limit West Perry to few shots in the third quarter. In this quarter Ryan Silver scored all of his six points to fuel the Bear's charge.

In the fourth quarter, it was Todd Schaeffer's turn to provide the chemistry, as he hit for seven of his thirteen points for Northern.

The dire circumstances that I mentioned earlier, took place in the last quarter. Bart Mehring, who was to contribute 12 points in a winning cause, stole a West Perry pass and raced down the other end for a "jam". Unfortunately for the Bears while Bart was in the air a West Perry defender fouled him causing him to fall and land on his right arm-the results of that mishap were very short in coming.

Saturday night (12/15), the Bears took to the Court against Red Land with Bart in street clothes, his arm or wrist area heavily wrapped. Final word has not been received by this reporter, but word is that the season is over for young Mr. Mehring. With Bart sidelined, it was up to Chris and Joe to provide the muscle underneath against the Patriots. This wasn't too late either, as Mr. Fox picked up three fouls in the first half, sat out quite a bit, and then subsequently fouled out without scoring a point. Trailing Red Land by only two at the half, Northern just could not find any offensive punch the entire second half. The Bears would manage just 12 points compared to Red Land's 26. Chris Flohr managed 12 hard earned points, but his supporting cast just could not find the mark.

The fact that Northern had played a tough game on Friday night and had to come back for this one, doesn't hold much water. Red Land also played Friday night and had to go into overtime to knock off Trinity. The problem for Northern was simply without Mehring and with Fox ineffective, they just could not cope with the Patriots, especially the outside sniping of Mr. Wagner and Mr. Troup. The loss of Mehring will have to want to be measured. One thing for sure, it just might be an early suck it up time for Northern.

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Lady Polar Bears Struggle

by John Middlekauff

Since the season opener tip-off tournament Northern High's Girls Basketball Team has had its problems which have resulted in three losses this past week and a streak of four losses in a row.

Before everyone pushes the "panic button", let's take a more step and really take a long look at what is happening and why. First things first, let's take a look at the three games played and the results.

Tuesday afternoon (12/11) the Lady Bears traveled to Camp Hill to take on the rival Lady Lions and begin MPC Division III play. In a contest that can best be described as lethargic by both teams, Camp Hill prevailed 29-24. Neither team seemed able to put the ball through the hoop. Gretchen Klaus finished with 12 hard-earned points, and was the only player from either team to score in double figures.

Friday afternoon (12/14), Northern hosted the pre-season pick for the Division III crown the West Perry Mustangs. Showing why they are favored the Lady Mustangs used a huge second quarter to propel them to victory 55-33. Stung when the Lady Bears ended on top 12-8 at the end of the first quarter West Perry used runs of 24-8, 12-5, and 11-8 to put away the overmatched Lady Bears. Gretchen once again led the scoring for Northern with 17 points, but did not receive much additional offensive support. On the other side, West Perry had three (if its young ladies) end up with double figures.

Playing a back-to-back game, Northern traveled to Red Land Saturday night (12/15) to take on the Lady Patriots and ended up on the short end of a 40-27 contest. Once again the Lady Bears could not find the offensive thrust to stay with the undefeated Red Land five. Northern managed 6 points in each of the last two quarters while the Lady Patriots were scoring 11 and 12 respectively. Gretchen Klaus once again led the punchless Lady Bears with 11 points.

Now we have brought you up to date with the scores of games involving the Northern girls thus past week now to pinpoint the reasons!

Grandstand coaches will no doubt have their own reasons or combination of reasons, and will of course have their own quick fix solution for the Lady Bear problems. But just for a moment let us be realistic!

One look at the team roster should give you the biggest clue as to the problem. This team has just one senior. It is further composed of seven juniors, three sophomores and one freshman. Folks that is a young team! Take that a step further and you must note that that equates to inexperience. You can coach dribbling, passing, offensive sets and defensive plays. You cannot coach confidence and experience. The only way you obtain those assets is by playing and learning from the mistakes.

Last week's games are learning. The last game, against Red Land, Northern did not play badly at all. In fact, Red Land coach Mike Maisher thought the Lady Bears "passed the ball better against us than anyother team we have played." It is a team that will get better in time. It is also a team that has had to face a tough schedule. After the tournament, the girls have faced teams that are genuine powers. That isn't the easiest way to learn. The schedule, at least this early, doesn't give the coaches a chance to teach or reteach. They played Tuesday, could practice Wednesday and Thursday, played Friday and Saturday and will play again Monday. These facts are not presented as "cop-outs." They are presented in the hope that all of us will exercise patience and give the team time to mature.

The team is going to have to face a few realities on its own. It is going to be a frustrating experience for all of them. No doubt the level of frustration has been building. It is frustrating for Gretchen who, as the lone senior, would like to see a winning season. It is frustrating for Tanya and Rebecca who have been asked to play very personal roles [illegible] There are very positive signs, the forementioned Miss Billet appears to be settling in as the team playmaker. She is getting help from Jenny Minnich, who has played very, very well the last two games. The talented Miss Fox, Miss Trapp, Miss Francis and Miss Brillhart as other starters, are going to have to keep their heads up and just hang in there. When you really keep plugging away, and stay positive, good things usually happen.

Purple Haze

by Chris Flohr

Believe it or not, the school year is almost to the halfway point. Mid-terms are approaching and Christmas vacation is here.

It appears all of the students are getting excited about vacation, but some students have taken that excitement into frustration. Last week, a two-man bra-ha-ha broke out in the parking lot. Apparently, these two "gentlemen" wanted Christmas to come very badly. They will be taking an early vacation, thanks to their disciplinary measures.

That was about the only newsworthy item in school last week. Although there was not much news, other than sports, students became aware of a dreaded, upcoming plague: midterms. The teachers just remembered how close they were also. Everyone at NHS is truly stunned that the school year is about half-over or half of a year to go, whether or not you are a pessimist or an optimist.

The faculty is quickly trying to squeeze in grades before Christmas. We students are busting for the rush of pre-vacation tests and quizzes. The homework assignments are piling up and tension is high. The strange thing is that when Friday arrives, everything comes to a screeching halt. No assignments, tests, quizzes, or anything planned for after the vacation. It seems like an odd phenomenon.

The boys and girls basketball teams were in action last week also. The guys beat Camp Hill and West Perry, but fell to Trinity and Red Land. The girls had an unlucky week of losses to Camp Hill, West Perry, Red Land and Trinity. The wrestlers attended an individual tournament where Dave Hahowski and Kevin Leitzel brought home first-place awards, while Jon Rudy took home a second. They have a dual meet versus Mechanicsburg on Thursday and another tournament the weekend of December 28 and 29 at Boiling Springs.

Good luck to everyone in the Northern "sporting world" and Merry Christmas!

Photo by David March

DECA advisory board members, along with the students, were treated to a free breakfast this week at the Chalet Restaurant. It was DECA's Free Enterprise Breakfast.

DECA students enjoy breakfast

The Marketing Education students from Northern High School's DECA Program sponsored a free enterprise break fast on December 18, 1990, at the Chalet Restaurant. The purpose of the breakfast was to inform the marketing education students, and advisory committee members of our free enterprise system.

The speaker for the breakfast was Mr. Tom Foley, assistant director for Human Resources, for the Rite-Aid Corporation in Harrisburg. Mr. Foley spoke to the students and DECA's Advisory Committee members on "The techniques for success in a free enterprise system."

Prior to the breakfast, the DECA [illegible] sponsored a "Free Enterprise Essay Contest." The [illegible] was presented to a group of business students in the high school. The winners of the contest, Julie Yingst and McHarlie Dewwar, were awarded to attend the free enterprise breakfast along with their business teacher.

The free enterprise breakfast and [illegible] are part of the many activities the DECA students are [illegible] to enter for the state level of competition for the Distributive Education Clubs of America.

Met-Ed holiday closing dates

Metropolitan Edison Co. offices will close at noon Monday, December 24, 1990 and remain closed Christmas Day in observance of the Christmas holiday. Met-Ed offices will also be closed Tuesday, January 1, 1991 [illegible] Year's Day.

Emergency service will be available 24 hours a day including Christmas and New Year's Day by calling the nearest Met-Ed office. The emergency service number is listed in the white pages of the telephone directory under Metropolitan Edison.

Northern High School Calendar of Events

Friday, December 21
Girls Basketball-Shippensburg H 6:45
Boys Basketball-Shippensburg A 7:30
Saturday, December 22
Jr. High Wrestling Dual meets Tournament
Girls Basketball-Newburgh A 11:
Boys Basketball-Newburgh A 1:
Thursday, December 27
Girls Basketball-Central Dauphin H 7:00
Boys Basketball-Mechanicsburg Tournament
Friday, December 28
Wrestling-Boiling Springs Tournament
Boys Basketball Tournament
Saturday, December 29
Wrestling-Boiling Springs Tournament

Young alums day at the Harrisburg Academy

On Thursday, December 20, The Harrisburg Academy, one of the nation's oldest secondary schools, will welcome back the Class of 1990 for a reception and evaluation of their college preparation education at the Academy.

Later, on the same day, the Academy will host a reception at a local restaurant for young alums from the classes of 1970 to 1985.

WEEKLY Health Tips

PUMPING IRON

It is estimated that 5% of American women ages 12 to 50 years suffer from iron deficiency anemia, and 25% probably are borderline anemic. Primary signs of these conditions are unexplained fatigue, unusual irritability, lack of concentration, and increased sensitivity to cold. Dietary sources rich in iron include beans, peas, dark leafy greens and iron supplements to be found at the vitamin counter, along with vitamin C, which helps increase iron absorption.

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